**MY PYRAMID……MY PLATE…..DIET ANALYSIS**

Step by Step directions:

1. Go to [www.mypyramid.gov](http://www.mypyramid.gov)
2. Click on “Interactive Tools” (left side of screen)
3. Click on “Food Tracker” box
4. Fill out information-age, gender, entry day, weight, and height
5. “Proceed to Food Intake” button. Input food in text box and hit “Search”. Your exact food may not be there so you may need to get creative (break the food down) OR select something similar. Input all your food and drink for the day then click on “Select Quantities”.
6. Select serving size and then number of servings.
7. “Save and Analyze”
8. Open “Meeting 2005 Dietary Guidelines” and print this page (smiley faces).
9. Click blue circle at top “Analyze your Food Intake”. Open “Nutrient Intake” and print this page (your intake/recommendations).
10. Click blue circle at top “Analyze your Food Intake”. Open “My Pyramid Recommendations” and print this page (color graph).
11. Click blue circle at top “Update my Profile” and enter the second date of your food/drink log in the date box.
12. Click “Proceed to Food Intake”
13. Repeat steps 5-10
14. After you have printed Dietary Guidelines-Nutrient Intake-My Pyramid Recommendations click on blue button at top of screen “Physical Activity Information”.
15. Select from the pull down menu on left “All Activities” click “Select”.
16. Scroll down activity descriptive until you find the closest match click “Add Activity”.
17. Repeat this step for all activities.
18. Once all activities are listed click “Select Duration” from right side of screen.
19. Input duration in box and then click “Save and Analyze”.
20. Click “Analyze”
21. Open “Physical Activity Analysis” box and print
22. Click blue button at top “Update User Profile” and change date.
23. Change date then click “Proceed to Physical Activity”
24. Repeat steps 15-21
25. Click blue button at top “Energy Balance”
26. Open blue box “Energy Balance Analysis”. Either print this page or make note of caloric intake and expenditure summary.
27. Click blue button at top “Update Profile” and change date then open “Proceed to Physical Activity” button.
28. Click on blue button at top “Energy Balance”
29. Open blue box “Energy Balance Analysis” and print page or make note of caloric intake and expenditure summary.
30. At bottom, in red, open “View Energy Balance History”. What percent of your calories are expended through physical activity?

**EXTRA CREDIT**

**Open blue button at top “Center for Nutrition Policy & Promotion”. Pick anything on this page to navigate.**

1. What did you select?
2. Why?
3. What did you find?